



Separation From the Military

SEPARATION/RETIREMENT

Transitioning from the military to the civilian environment can impact an individual in many ways. Separation and retirement can represent changes in status (e.g., from active duty to veteran), lifestyle, income, and living arrangements. Distress may be particularly likely in those whose military skill set does not translate readily into the civilian job market. Personnel who have not planned for separation or retirement, or have severe budgetary constraints may likewise be distressed. Because separation and retirement represent such a significant adjustment across so many aspects of life, they can be associated with significant distress, and possibly thoughts of suicide.

Signs Wingmen Should Know/Look For

- Appearance of being unprepared for retirement or of having no plan for employment or housing.
- History of poor coping or suicidal risk.
- Indications of hopelessness regarding their transition from the military.

Recommended Wingman Action

- Provide good wingman support to those retiring.
- Recognize that retirement requires adjustment across many areas of life and can be very distressing.
- **Encourage Airman to contact installation Airman and Family Readiness Center for transition assistance and resources.**

Leadership Considerations

- Discuss separation and retirement as something that should be planned for years in advance.
- Be aware that separation or retirement can be stressful for the entire family. Understand the family's reaction and mobilize support to assist.
- **Contact installation Airman and Family Readiness Center for information about agencies or local resources for post-separation support in the community where member plans to relocate.**

**For more detailed information on Transition Assistance, visit <https://www.dodtap.mil/index.html>